



KAP PREPARATION AND AFTERCARE GUIDE

Preparation Instructions:

HEALTH AND WELL-BEING PREPARATION : We encourage you to start paying attention to your physical and emotional self on the night before and morning of the session. This could mean making time for journaling, meditation, a ritual bath, relaxation techniques, or any other way that you might prepare to enter a deep and sacred internal space.

Make sure you are well hydrated and fed the day before so as to prepare you for fasting, and get as much restorative sleep as possible. Please notify us if you have any changes in your health or physical condition (fever, accidents, falls, chills, productive cough, flu-like symptoms, etc.).

We also recommend taking time off from work on the day of the ketamine dosing, (as well as the day after, if possible), which may increase the benefits and allow you for a deeper phase of reflection and integration.

FASTING : Having an empty stomach *greatly* reduces the risk of discomfort, nausea, and vomiting during your ketamine experience. We recommend that you do not eat any food 4 hours before the dosing session and have nothing by mouth within 2 hours of the dosing session. We will provide you with a snack at the end of your session or you may bring something with you and our refrigerator is available to you at the location.

Please take your usual medications with sips of water more than 4 hours before the start of the dosing session. (If you really need to have caffeine in the morning, please go ahead, but keep in mind the fasting guidelines.)

SUBSTANCES AND MEDICATIONS : Please avoid using alcohol 48 hours before session. Any medications taken within the 72-hour window prior to session must be discussed with us. We recommend avoiding benzodiazepines, cannabis, opioids, Benadryl, NSAID pain relievers, stimulants, sedative hypnotics, and/or muscle relaxants for **24-72 hours PRIOR** to your session if they are not part of your medication routine. These medications and chemicals interfere with the effectiveness of the medicine. If you wish to have the full antidepressant effect, we recommend that you avoid these medications and chemicals for 24-72 hours **FOLLOWING** your session as well. We will address this with you in detail during your preparation session. We will go through your list of current medications and discuss if we would like for you to hold any medication before your ketamine session and for how long.

We also advise that you not ingest any other psychoactive/psychedelic medicines for seven days before or after a ketamine session, as we want your body and psyche to have enough time to process your experiences. Please plan your schedule accordingly.

THINGS TO BRING

- Wear comfortable clothing you can relax in, and bring warmer layers if you would like (A light blanket and sheets and pillow would be prepared for you in the room).
- Water bottle and light food for post-session meal as food helps the body recover from the treatment

(note: there is a fridge and microwave oven on site and we will provide you with a snack bar.)

- Journal/laptop for reflection notes, or art supplies if you prefer expression in imagery
- Any personal possession that is meaningful and would help you be open, intentional and/or grounding (optional)

Information about your Ketamine session:

During the Ketamine session, you will be asked to make two agreements with the us to ensure your physical safety and well-being: 1) You agree to follow any direct instructions given to you until it is determined that the session is over, and 2) You agree to remain at the location of the session until we decide you are ready to leave.

We set intentions during preparation sessions and at the beginning of the session to plant a seed, and prime the psyche, for the experience. It's helpful for the intention to be somewhat succinct, but can also be as simple as openness to whatever arises and letting go.

Eyeshades will be provided to you as they support the process of going inwards, and because ketamine can make people light sensitive. We use music to provide a container and accompaniment for your inner experience. We will select a playlist for you. Feel free to let us know if you have any preferences or requests. We prefer that the music be unfamiliar to you as it is more likely to stimulate a novel experience. Familiar songs can trigger old and well grooved neural/thought patterns and can be interesting to work with for one or two songs, but is generally not ideal for the entire experience.

You will receive two a sub-anesthetic dose of ketamine in two intramuscular doses administered into your arm about 12 minutes apart. The first dose will help you get relaxed and as we will provide some gentle flight instructions and assist you in grounding and relaxation before the second dose.

Aftercare Instructions:

- **ESCORT** : Your ketamine assisted psychotherapy sessions would last about 2 hours. After 2 hours, we will check and make sure you are safe to return home. It is likely that in the hours after the session you will continue to process the experience and will feel more sensitive than usual. Please arrange for a trusted person to pick you up and take you home. We will release you to them at the end of our session.

Driving or engaging in any hazardous activities should not be undertaken on the day of the administration, and not until all effects have stopped, as reflexes maybe be slow or impaired. You absolutely may not drive for 5 hours post-administration (or 1 hour per 20 mg of bioavailable ketamine).

- **SUBSTANCES** : As mentioned previously, we advise that you try to avoid alcohol, benzodiazepines, cannabis, opioids, Benadryl, NSAID pain relievers, stimulants, sedative hypnotics, and/or muscle relaxants for 24-72 hours FOLLOWING your session. You may continue your other prescribed medications as usual.
- **HEALTH AND WELL-BEING AFTERCARE** : You will receive an email with our Reflection Questions following your session, which we ask that you answer within 24 hours of your session, and preferably on the same evening. We have found that this immediate sharing can help you recall your experiences with richer detail, and can be useful information for later integration sessions on how to bring these insights into your daily life.

We also advise you to be thoughtful of the environment that you return to following your journey, given that such intense experiences can leave us more open and permeable to influence. This is a wonderful opportunity to foster change, and so we recommend that you choose a landing place that is both interpersonally and physically nurturing.

Plan to have a restful, relaxing recovery day, without significant obligations or plans. Slowly re-engage and defer devices and media for at least a few hours. Eat a grounding meal – prepared earlier or by other.

Some may feel activated after treatment; this is temporary. You may engage in calming activities (rest, meditation, exercise), and remind yourself that this will pass. If you are feeling up for it, engage with nature later. Consider journaling or recording your experience. We again stress the importance of treating your body well during a course of KAP to maximize results. Physical activity can assist with general well-being. Massage or bodywork following your session can greatly enhance your sense of embodiment.

Be sure to get adequate sleep, especially on nights before a ketamine administration. Sleep is a restorative process that assists in regulating mood, body chemicals, the stress response, and inflammation. It is also helpful to reduce inflammation by avoiding coffee, alcohol, sugars, and processed foods as much as you can.

Thank you for reading and we look forward to participating in your journey!

Updated 4/1/2023

Client Printed Name: _____

Clients Representative Printed Name: _____

If client is a minor / has guardian:

Parent / Guardian Printed Name: _____

The CLIENT MUST sign the consent if they are able to do so. The only exceptions are if the client is a minor, or has a legal document giving permission for someone else to sign on their behalf.

Client / Clients LEGAL Representative / Parent or
Guardian Signature

Date